



Senior Exercise Classes

ALL LOCATIONS

EFFECTIVE JANUARY 3, 2022

Mondays @ Pacific Community Center

Aerobics	9:00 a.m. to 10:00 a.m.
Slow Stretch	10:00 a.m. to 11:00 a.m.
Absolute Beginner Line Dancing	11:15 a.m. to 12:15 p.m.
* Beginner/Improver Line Dancing	12:30 p.m. to 2:30 p.m.

Tuesdays @ Sparr Heights Community Center

Zumba	9:00 a.m. to 10:00 a.m.
Muscle Toning	10:00 a.m. to 11:00 a.m.

Wednesdays @ Pacific Community Center

Zumba	9:00 a.m. to 10:00 a.m.
--------------	--------------------------------

Thursdays @ Sparr Heights Community Center

Aerobics	9:00 a.m. to 10:00 a.m.
Slow Stretch	10:00 a.m. to 11:00 a.m.

Fridays @ Pacific Community Center

Zumba	9:00 a.m. to 10:00 a.m.
Muscle Toning	10:00 a.m. to 11:00 a.m.

Meeting ID: 894 7893 4835 | Passcode: PMLB2022

For ALL Classes Listed Above

If you have questions, please email cspcares@glendaleca.gov or call (818) 548-4098 or (818) 548-2188.



Reasonable accommodations will be made upon request.